

ARE WOMEN KNOCK KNEED?

BY LILLIAN RUSSELL.

TWO men have cast a new slander at women.

Dr. Karl Franke of Munich has made a statement that women have become knock kneed from wearing the hobble skirt.

Of course that statement is ridiculous. One has only to think for a moment to resent that attack. How could the fashion of one year change the physical construction of the race of women?

Dr. Franke is also responsible for saying that feminine knees are seldom parallel. That statement, if true, would make cripples of over half of the universe. But it is not true. Knock kneed women are rarely to be found. Take, for example, the local chorus girl. There is no difficulty in finding any amount of them, and a knock kneed chorus girl is almost unknown.

I will say right here, however, allowing just a little leniency towards Dr. Franke, that the female "forms divine" I saw on the German stage in Berlin would corroborate his statement in a slight degree. For such a collection of limbs, principally beef, I have never seen before or since.

A woman's knee is a thing of beauty when not over fat or over thin. It should be smooth, round, and when standing perfectly straight. But when women let themselves get too stout fat will accumulate on the knees, especially on the inside of the limb, causing the line of symmetry to be broken; this disfigures the appearance of the otherwise straight and athletic portion of the body.

Another Libel Upon Sex.

In commenting upon Dr. Franke's statement one of our own physicians, Dr. Claud L. Wheeler, states that the normal woman is knock kneed and has always been so. That is a libel upon our sex. What can one man know about the physique of the sex more than we do ourselves? I repudiate his statement as I do that of Dr. Franke.

I admit that the majority of women walk badly, and that accounts for the statement made by Dr. Franke, that their knees are not parallel. That may be the effect, but I doubt that more than one woman out of fifty, standing erect with knees and heels together, will find that the knees are not parallel and that the limbs are not perfectly straight on the inside.

I agree with Dr. Wheeler in his opinion that the fault of the walk is in the shoes, for no woman can walk healthfully or gracefully in a high heeled shoe, nor perhaps in a too low heeled shoe. The principal thing to be studied in a walking shoe is the width to be allowed over the ball of the foot and firmness over the instep.

I, for one, walk better in a low shoe with a medium heel, broad across the toes, and laced tightly over the instep, giving freedom to the ankles.

Some women need a high boot, closely buttoned around the ankle. The footgear has much to do with the poise of the figure and the straightness of the knees. The exercise of bending and touching the floor with the tips of the fingers while the heels are tight together will do much to keep the knees symmetrical.

Athletic Girl Perfect Woman.

The athletic girl is the perfect woman of the future, straight, erect, and strong. Men must look to themselves to compete.

As exercise invigorates youth, so it sustains one when the descent of the shady side of life begins; but while the young may take an almost unlimited amount of exercise, the middle aged must be moderate, since to attempt to keep up the amount they indulged in during their earlier years would simply be intruding upon their capital of vitality and thus depleting instead of building up the system. At this stage of life vigor is oftener sustained than increased, for as the years roll on lighter food and less exercise and sleep are required.

A word to the wise should be sufficient. It is this: Take as much exercise as your system calls for and refrain when it rebels. Do not attempt the feats of your more youthful days, but follow them as far as is reasonable. If you are in doubt, or, worse still, if you think your particular human machinery will never break down, no matter what strain you put upon it, seek the counsel of some wise and honest physician who will tell you all the risks you incur in overtaxing the weakening system.

Follow the advice he gives generally, but particularly what refers to your individual case, and then growing old will be robbed of half its terrors, since you will resist successfully its advances instead of courting them by straining the system in the endeavor to show you are just as young as ever.

Take an interest in your personal appearance. Nothing ages one as much as lack of interest in the personal appearance. If nothing compels you to make a complete toilet for breakfast and you are thus free to don a wrapper and put on slippers, see that the former is whole and clean and the latter are neither run down at the heel nor out at the toes.

Both these portions of the toilet have played important parts in the history of many a woman's life both before and after marriage, their neatness or the reverse being considered typical of general tendencies in the girl which become habits in the woman.

A girl with even a little ingenuity, some money, and plenty of time can have no excuse whatever for appearing at the breakfast table in an old waist out at the elbows or a wrapper with a soiled front and frayed hem, or a garment which has in various places along its seams parted company with its linings.

Pretty Face No Compensation.

Her fair, pretty face will not subdue this multitude of defects in her toilet nor raise her beyond a consideration of the deficiencies of her character made so plain by the inexcusable dissipation of her garments.

Her foot, too, will lose its charm when the slipshod coverings, in themselves rusty and ragged, disclose faded hose, once fine and whole, but whose openwork pattern is now supplemented in various locations by the disintegrations of wear and indolence.

Perhaps the suggestion may not be palatable and neither is the medicine necessary to correct a disorder

The Majority of Women Walk Badly. . . . The Footgear Has Much to Do with the Poise of the Figure and the Straightness of the Knees, Says



Learn to stand correctly—to place your weight on the balls of your feet.



Practice the exercise of touching the floor with your finger tips while keeping the knees stiff.

The chest should be full and round and the back and the shoulder blades flat. Keep the framework of the body as nature planned it.

may become unsightly, and certainly uncleanly, if too long worn without renovation.

A popular woman lecturer says: "Women often dress themselves to accord with their morning moods and come forth arrayed in some ill fitting garment whose outlines are in keeping with their feelings and so distort the symmetry of their figures, whose 'gringiness' represents the cloudy, fretful condition of their minds and whose tattered edges and broken seams are typical of the temporary state of their thoughts."

"By and by, having reveled in a sort of misery for some hours, social necessities compel them to put their persons in order, and by the time a neat and pretty toilet is concluded the dull, irritable, unhappy mood has vanished and the real sunshine of the disposition has driven every frown and wrinkle and scowl from the face."

It follows that it is advisable always to make as clean and tidy a toilet as possible on arising in the morning. Beauty in a print gown and a happy mood will wrest the palm from beauty who frowns and sulks, even though she lounges about in a costly robe which may or may not be open to criticism regarding its tidiness.

In the various other portions of the toilet scrupulous cleanliness should be observed. Dirty undergarments, and especially those coming in contact with the skin, require, for obvious reasons, frequent changing. Aside from actual cleanliness, the health requires it, and there is no one but feels an increase of respect for herself when she has stepped from her bath into pure, clean garments.

ANSWERS TO INQUIRIES.

V. Y.: I cannot give you any information whatever about the article you ask about, as I know nothing about it.

N. B.: Green soap is a sort of a yellow paste and is put up in a jar. You can get it at any drug store for a small sum. Be sure and do not get the tincture of green soap.

M. H. H.: If you will send me a stamped addressed envelope I shall send you the formula for a face bleach. If your skin is dark it would be easier to bleach it than to make the white circles dark. I shall also send you the formula for a good cold cream.

MRS. H. G.: I would advise you to go to a reliable electrolytist in your city and have the hair removed with the electric needle before the growth gets any heavier. This is the safest way, and once rid of it it will never return. The electric needle also will remove the mole. Do not tamper with it yourself or put anything on it so as to irritate it.

accident disclose its disintegrated condition the wearer is certain to suffer depreciation in the estimation of the discoverer, be the latter man or woman. One cannot have holes in her hosiery and be at her best. A man with no womankind to look after his welfare wears undarned socks with an indifferent sort of resignation, but he who has a wife becomes imbued with quite a different sort of feeling when from the interior of his hose his heels and toes begin exploring expeditions through unwelcome apertures which are too often unheeded by the feminine head of his household.

Whisk Broom Intended for Use.

The train of thought which connects the unmended socks of a husband with the beauty of his wife may not seem quite clear, but if a husband finds no occasion for rebukes and angry words, then the possibility of frowning wrinkles and sullen expressions upon the wife's face becomes lessened.

If you are going to dress for the street and have not dusted your gown and coat and hat, as you should have done when last you wore them, make a vigorous use of the whisk broom, especially at the bottom of the gown, and see that its bristles are neither frayed nor detached, that none of its hems or facings are falling from their proper places, and that its draperies have not become loosened. The prettiest craft that ever sailed the seas loses half its charm and most of its interest unless its decks are tidily kept and its rigging is in perfect trim, and the same is true of all the feminine craft upon the sea of life.

A hint or two about petticoats: If they are the orthodox white muslin variety you cannot be too careful about keeping their edges unrolled nor in removing them as quickly as possible when they have arrived at the dragged stage.

A white petticoat has been the ideal garment for generations, but one whose purity has been sullied by contact with dust and mud loses all its ideality and becomes a serious detractor to the toilet of any woman, be she beautiful or plain. Colored skirts have their advantages for street wear since they do not show soil as easily as a white skirt, but even they

up the old art of mending by darning and evince as much pride in showing neatly mended articles as skillfully wrought fancy work. A few who prove particularly expert and are glad to turn their skill to some account add considerably to their pin money by darning and mending the delicate hosiery, laces, and linen of those who wish such services rendered.

Except to the careless or indifferent, the consciousness of walking about in hosiery that has succumbed to friction is annoying and mortifying, and should

Miss Lillian Russell will answer inquiries from beauty seekers and send her recipes to anyone who will write her in care of this paper, enclosing a stamped envelope for a reply.